

Using Circles in EQ2



A FACILITATOR GO-TO GUIDE

1 SIT IN A CIRCLE

This might be obvious, but... Arrange your seats in an actual Circle. Encourage everyone to be IN the Circle. If someone is sitting a bit off to the side, encourage them to join in.

2 TALK ABOUT CIRCLES



In Session 1 of EQ2, there is a Supplemental section on Using Circles (pages 15-21 of the EQ2 Handbook). Many facilitators find it helpful to review this material with the group so participants understand WHY we use Circles in EQ2, get familiar with Circle Guidelines and Values, and understand how they can apply Circle work with youth and in times of conflict.

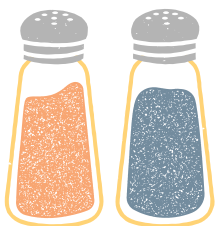
3 SET THE TONE

It's often helpful to begin the Circle yourself, modeling the depth and length of responses you'd like. Then proceed clockwise or counterclockwise.

Extra Pro Tip: Have someone volunteer to start (people who step up usually have something to say!)



4 SPICE IT UP



Your EQ2 Facilitator Guide has icons [○] where we recommend doing Circles instead of discussion, but mix it up if you need to! Refer to page 17 of your EQ2 Facilitator Manual for some tips on when to use Circles vs. Discussions.

5 PEOPLE CAN PASS

Remember that people ALWAYS have the right to pass. And they don't have to give a reason.

